

MAY-JUN 2010 | PROGRAMS, SERVICES AND ACTIVITIES

SENIOR CENTER

Activity



fun
MORE THAN YOU IMAGINED

253-931-3016 | www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED

CELEBRATION OF AGING LUNCHEON HONORING THOSE OVER 80

*Celebrate with those that have aged strong
and lived strong.*

No matter what your age, you will want to share in the celebration. It is an inspiration to be surrounded by years of wisdom and experience. We guarantee you that you'll leave with a smile on your face and an appreciation for all the "over 80's" in our midst.



Friday, May 15

11:30 a.m. - 2 p.m.

Co-sponsored by Wesley Homes Lea Hill

Cost: \$4 suggested donation
for those 60 and over
\$6 for those under 60

Special entertainment

by "Frank Sinatra" AKA Joey Jewel

Menu:

Carrot/Pineapple Jell-O Salad
Glazed Ham
Au gratin Potatoes
Roll
Broccoli
Apple Crisp Ala mode

MAYOR
Peter B. Lewis

CITY COUNCIL
Sue Singer, Deputy Mayor
Nancy Backus
John Partridge
Virginia Haugen
Lynn Norman
Bill Pelosa
Richard Wagner

PARK & RECREATION BOARD
Richard Artura
Greg Dobbs
Vicki Gilthvedt
Michael Hassen
Laura Higdon
Julie Parascondola
John Webley

PARKS, ARTS & RECREATION
Daryl Faber, Director

2010 SENIOR CENTER ADVISORY COUNCIL

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Ilene Derocher
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Shirley Grant
John Grasby
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Amy Petheram
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Bob Todd

STAFF

Radine Lozier
Senior Center Supervisor

Rocky Kirwin
Recreation Coordinator

Cindy Whitman
Program Specialist

Karen Heide
Senior Center Asst.

Claudia Dickson
Nutrition Site Manager
Catholic Community
Services

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HOURS

Monday - Wednesday 8AM - 9PM
Thursday - Friday 8AM - 5PM
Activity Registration 8AM - 5PM

COMING IN JULY-AUGUST

• JUL 4TH CELEBRATION IN LES GOVE PARK
GRANNY’S PIE SHACK

• JUL-SEPT SUMMER BBQ’S ON PATIO

DEAR READERS,

The sun is out, flowers are blooming, and people are becoming more active after the long winter months. Now is the time to get out and enjoy a hike, play Bocce Ball, join our softball team or stop by for lunch with friends followed by a stroll around the trail in the park. The brochure is full of activities to keep you busy in the coming month.

This time of year means Spring Cleaning. Why not help clean up Auburn at the annual Clean Sweep event, Saturday, May 8. See page 5 for more information.

June 12th is Senior Fishing Day at Mill Pond. Be sure to stop by for a morning of trout fishing and a free hot dog lunch provided by the Wellness Team and Canterbury House.

2010 has been great so far. New and familiar faces are showing up daily and the Center is more popular than ever. Remember the age to participate is now 50 plus! Invite your friends and neighbors to join you in the fun. The Senior Center has changed and grown over the years and there is something for everyone to enjoy!



Radine Lozier
Senior Center Supervisor

ADVISORY COUNCIL

Meets the 3rd Tuesday of the month.

MAY 18 TU 10-11:30A

JUN 15 TU 10-11:30A

The council is a diverse group of Center participants who meet with staff monthly to brainstorm ideas on center operations and services, review Wishing Well suggestions, brainstorm solutions to problems, etc. Meetings are the third Tuesday of each month at 10:00 a.m. All are welcome.

WISHING WELL SUGGESTION OF THE MONTH MARCH

Barbara Verdine suggested that we show movies on Wednesday nights in addition to Wednesday afternoon. Beginning in May, movies will be shown on the big screen at both 1 pm and 4:30 pm. Thanks for the great suggestion!

APRIL

Bob Newman suggested we use money from the rummage sale to install a patio cover for protection from sun and rain during activities. We will look into more umbrellas that bend to provide shade.

IT'S FRESH FLOWER TIME -- WANT TO SHARE?

Our fresh flower drives the last several springs have us wishin' and hopin' for more. Here is our annual plea for fresh cut flowers during the growing season. We promise to ooh and aah when your contribution arrives. (We have a supply of vases, so you need not bring them in vases.) Thank you in advance!

KUDOS TO RUMMAGE SALE VOLUNTEERS AND SHOPPERS

Thanks to all who made this year's rummage sale a big success! We made over \$4100 up from \$3782 last year.

CITY OF AUBURN UTILITY REBATE PROGRAM

Do you qualify? See page 26 for details.

WAITING LISTS

Many of our programs are filled to capacity. If this happens to you, be sure to add your name to the waiting list. As interest dictates, we often add an extra vehicle, a new class or offer a program again at a later date. Our goal is to accommodate as many people as possible.

GRANNY'S PIE SHACK

Sunday, July 4

Volunteers are needed to staff the pie shack during the 4th of July Festival. Sign up for shifts at the front desk.

VOLUNTEERS, LET'S CELEBRATE**MAY/JUNE BIRTHDAYS**

If you volunteered at least five hours at the Senior Activity Center the month prior to your birthday, you will receive a complimentary, regular lunch certificate through the mail. Have we missed you or a friend? Let Radine know. You may use your certificate for the birthday celebration or for any lunch day during the month of your birthday.

BIRTHDAY/ANNIVERSARY CELEBRATION
BIRTHDAY SPONSOR: CANTERBURY HOUSE & TOP FOODS LAKELAND HILLS

THURS., May 20, 11:30 a.m.

THURS., June 17, 11:30 a.m.

\$3 suggested donation; \$5.75 for those under 60

Birthday and/or wedding anniversary folks are invited to be seated, with their guests, at a special table and will be treated to a dessert and a favor. Couples celebrating 50 or more years of marriage will be treated to a free lunch. Sign up at the front desk to reserve your seat. When you sign up, let us know if you will have guests and how many. We will have flowers donated by Top Foods for our age 80 or over birthday celebrants and roses to couples celebrating 50 or more years of marriage, so be sure to tell us if you qualify.

WE NEED YOU!

Below are some of our current volunteer needs. Where might your time and talents fit? Stop by or call for an appointment with Radine to learn more.

CURRENT NEEDS
RESPITE VOLUNTEER

Tuesdays and Fridays

10A- 3P

GREEN THUMB?

We need someone to take care of inside plants at Senior Center through the summer

Meals on Wheels Packers - TH

Meals on Wheels Drivers - F

Barista Substitutes**KITCHEN**

Shifts Available

M,F	11:30A-2P	Dishwasher
M,T,F	10:30A-2P	Salad Bar
W	11:30A-2P	Scraper
M,T,W,TH,F	10A-2P	Kitchen Workers

COMMUNITY VOLUNTEERS NEEDED:***Clean Sweep - May 8, 2010***

It's that time again for all of us to get the chance to work together on a project to benefit the entire community. We will kick off the 2010 Clean Sweep together at 7:30 a.m. at City Hall with a pancake breakfast and registration. Then we will all come together for a ceremonial sweep down the sidewalks along Main Street at 8:30 a.m., followed by our projects beginning around 9:00 a.m.

Volunteers will have the opportunity to work on major clean-up and beautification efforts in different areas around the City. Volunteer groups will work on painting over walls that have been defaced by graffiti to make them one consistent color, cleaning highway on and off ramps, and working on beautification efforts along the Interurban Trail and at Veterans Memorial Park. Volunteers can either choose to participate at a specific location or can select to be assigned to a location.

We invite you to participate in this community-wide volunteer project.

JOIN THE SENIOR CENTER CLEAN SWEEP TEAM!

The Senior Center is putting together a team of volunteers for the 2010 Clean Sweep project on Saturday, May 8. This community-wide volunteer effort will focus on major clean-up and beautification efforts throughout Auburn.



Helen and Margaret

ONGOING ACTIVITIES - DAYTIME

MAH JONGG

Wright Patterson AFB Rules

Mondays 10A-12P
12:45-2:30P

SCRABBLE®

Mondays 1-4:30P
Fridays 1-4:30P

BINGO

1st and 3rd Tuesdays 12:45-2:15P Free

COMPUTER TUTOR

Mondays 10:30A-12:30P,
1:30-3:30P Free
Tuesdays 12-3P Free
Thursdays 10:30A-12:30P Free
Fridays 10A-12P Free

NEEDLE CRAFT CLUB

1st and 3rd Wednesdays 9:30 -11:30A Free

OPEN JAM

2nd & 4th Wednesday 10-11:30A Free

FOOTCARE BY APPOINTMENT

Provided by Karen's Foot Care

1st, 2nd and 3rd Mondays \$27

MASSAGE BY APPOINTMENT

Provided by Leslee

2nd and 4th Tuesdays 10A-3:30P
2nd and 4th Friday 10A-3:30P
\$33 for one-half hour; \$53 for full hour

PINOCHLE PARTIES

Tuesdays and Thursdays 12:45-3:30P Free

CONTRACT BRIDGE

Fridays 10A-12P Free
12:45-3P Free

MONTHLY BOOK CLUB

3rd Tuesdays 1-3P Free
For book choices see page 9

POOL

The Pool Room is open for drop-in play daily;
Friday afternoon tournaments are at 12:45P
(Participants must sign in to play by 12:30P)

GONE TO THE MOVIES *New!*

We will start showing the movie twice on Wednesdays
Second showing starts at 4:30pm.

Wednesdays 1P and 4:30pm Movie: Free
Refreshments sponsored by The Woodmark at Steel Lake.
The Senior Activity Center is licensed to show movies. Join us for first run movies and an occasional classic.

MAY 5 DID YOU HEAR ABOUT THE MORGANS?

(PG-13 for some sexual content) Comedy, Drama, Romance
starring Hugh Grant and Sarah Jessica Parker, 1 hour, 43 mins.

MAY 12 THE HURT LOCKER

(R for war, violence and language) Drama, Action, War
starring Jeremy Renner and Anthony Mackie, 2 hours, 11 mins.

MAY 19 THE YOUNG VICTORIA

(PG brief scenes of language and violence) Drama,
Biography, History, Romance starring Emily Blunt and
Rupert Friend, 1 hour, 45 mins.

MAY 26 UP IN THE AIR

(R for language and sexual content) Drama, Romance
starring George Clooney and Vera Farmiga, 1 hour, 48 mins.

JUN 2 SHERLOCK HOMES

(PG-13 for intense sequences of violence and suggestive
material) Adventure, Crime, Mystery starring Robert
Downey Jr and Jude Law, 2 hours, 8 mins.

JUN 9 OLD DOGS

(PG some mild rude humor) Comedy, Family starring John
Travolta and Robin Williams, 1 hour, 28 mins.

JUN 16 CRAZY HEART

(R for language and brief sexuality) Drama, Music,
Romance starring Jeff Bridges and Maggie Gyllenhall, 1
hour, 52 mins.

JUN 23 AVATAR

(PG-13 for language, battle
sequences and warfare) starring
Sam Worthington and Sigourney
Weaver, 2 hours, 42 mins.

JUN 30 BY THE LIGHT OF THE SILVER MOON

(G) Comedy, Family, Musical starring
Doris Day and Gordon MacRae, 1
hour, 41 mins.



MONDAY SUPPER CLUB

Join us the 3rd Monday of the month for Supper Club.
Leave the cooking to us and support the Wellness Team.

Why not bring the whole family? All ages are welcome.

To aid in planning, please pre-register by calling or stopping by the front desk.

MAY 17	M	4:45- 5:30P	\$6	32133
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Spaghetti, Garlic Bread, Chopped Salad and Dessert.

Jun 21	M	4:45- 5:30P	\$6	32134
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Hamburgers, Potato Salad, Baked Beans and Ice Cream Bars

MONDAY AND TUESDAY NIGHT SOUP

4:30–6:30P (or while supplies last) Cost: \$2

Soup, fresh rolls and good company are a perfect match for a light, filling dinner.

(Note: No soup the night of Monday Supper Club)

SENIOR DINNER**AUBURN REGIONAL MEDICAL CENTER**

MAY 27
JUN 24

Please call 1-800-370-8640 at least one week prior to dinner to register.



Betty Ruble

ONGOING ACTIVITIES - EVENING**MON, TUE & WED****5-9P****MONDAY****COMPUTER LAB**

Open for drop-ins

PINOCHLE PARTIES

5:45-9P

TUESDAY**COMPUTER LAB**

5:30-8P Open for drop-ins and tutoring

MASSAGE BY APPOINTMENT

Provided by Leslee

2nd and 4th Tuesdays 4-7P

\$33 for one-half hour; \$53 for full hour

UNLOCK THE SECRET

to free and low cost services available to you.

Tuesdays 5:30-8P Free

Having a hard time finding services or funding for services? Come join us in the computer room and learn to search the Internet to find a treasure of information.

MEXICAN TRAIN DOMINOES

6-9P

FREE

WEDNESDAY**COMPUTER LAB**

Open for drop-ins

POOL ROOM

Open for drop-in play Monday-Wednesday

MOVIE

4:30-6:30P

POOL TOURNAMENTS

6-9P (Sign up by 5:45P)

1ST MONDAY

Mixed Doubles 8-Ball

2ND MONDAY

Ladies 8-Ball

3RD MONDAY

Mixed Doubles 9-Ball

4TH MONDAY

Ladies 9-Ball

SENIOR COFFEE HOURS WITH THE MAYOR AND COUNCILMEMBERS

Thursdays 10-11A

MAY 13 Council members Nancy Backus/Rich Wagner

JUNE 10 Council members Sue Singer/Bill Peloza

The Auburn community is growing and changing daily. To help keep you up-to-date and informed on issues, join us at a monthly coffee hour featuring specific Council members or the Mayor as the speakers. Topics include committees, upcoming projects, or Auburn's role in King and Pierce Counties. This is your opportunity to speak directly to your elected officials. Coffee and cookies will be served.

Councilmember **Bill Peloza** is the chair of the Municipal Services and a member of the finance, farmers market and community center committees. He is also a member of these additional local, regional, or national committees; WRIA 9, King Co. Water Quality, Solid Waste, Water Pollution, Abatement, NLC Energy, Environment & Natural Resources.



Deputy Mayor **Sue Singer** is a member of downtown redevelopment, municipal services and public works committees. She is also chair of the Auburn Tourism Board and Past President of the Puget Sound Regional Council.



Councilmember **Nancy Backus** is the chair of the Finance committee and a member of the Planning and Community Development Committee and the Downtown Redevelopment Committee. She is also a member of these additional committees; National League of Cities Finance and the Administration & Intergovernmental Relations Committee and the Valley Regional Fire Authority Board.



Councilmember **Rich Wagner** is the chair of the Public Works and Community Center Committee and a member of the Planning and Community Development committee. He is also the chair of the Committee on Committees and member of these additional committees; Regional Fire Authority, Arts Commission, Puyallup Watershed and Regional Access



CHERYL SALLEE ART GALLERY

MAY - JUNE

MARIE LYNDERMERE*, PASTEL

A deep love of the natural world inspires the pastel artwork of Marie Lyndermere.

MOTHER'S DAY LUNCHEON

MAY 7 F 11:30a-1p 32724

Men and women are invited to join us at our annual celebration for Mothers. We will enjoy Honey Mustard Chicken, roasted potatoes, vegetable blend, roll and special dessert. **Preregister and get tickets at front desk.**

MAY IS NATIONAL OLDER AMERICANS MONTH

The United States is nearing the start of a tremendous demographic shift. Beginning in 2011, the first of 78 million baby boomers (people born between 1946 and 1964) will start transitioning into retirement, kicking off an expansion in the number of elderly people that will continue for decades. According to the U.S. Census Bureau, one out of every nine baby boomers will live to be at least age 90.

Our Nation will benefit in many ways from a larger population of older adults, a group that constitutes one of our greatest resources. Older adults support our society by providing millions of hours of volunteer, community, and civic service through formal organizations and a variety of informal arrangements. They enhance our communities and personal lives by sharing and transferring knowledge of cultures, values, and life experiences among generations. Thankfully, the contributions of older adults will continue to flourish in the coming years, since older citizens of today and tomorrow promise to be among the most active and engaged older adult populations in our Nation's history.

Help us celebrate on May 14 with our annual CELEBRATION OF AGING LUNCHEON, HONORING THOSE OVER 80

CELEBRATE WITH THOSE WHO HAVE AGED STRONG AND LIVED STRONG

May 14 F 11:30a-2p 32726

We will be honoring those over 80 as we do each year, we will eat, laugh, and be amazed at how young at heart and spirit our honored guests are. Invitations are being sent to honored guests listed in our files. See Radine if there is someone we may have missed. Unfortunately, we can't provide complimentary lunches, but we will have special seating, and favors for octogenarians and their elders. Get your tickets at the front desk. Only honored guests may RSVP over the telephone for themselves and their guests and pick up their tickets the day of the event.

WANT TO GO FISHING' ? SENIOR FISHING DAY AT MILL POND

JUN 12 SA 9A-1P

The Senior Center is hosting Senior Fishing Day at Mill Pond (across from Riverside High School). Senior adults have just this one-day to fish at the pond normally reserved for youth. The freshly stocked pond will provide fun for novice and advanced fishers. Thanks go to The Green River Steelhead Trout Club for providing fish, volunteers, and more. Call the Senior Activity Center for full details. The Senior Wellness Team will be serving hot dogs and coffee. Hot Dogs sponsored by Canterbury House.

FATHER'S DAY BBQ AND STRAWBERRY SHORTCAKE FEED

JUN 18 F 11:30a-1p 32725

Cost: \$3 suggested donation for those 60 and over \$5.75 for those under 60

In honor of Father's Day, a full Polish Dog meal is planned in addition to our annual Strawberry Shortcake feed. Bring your appetite. **Pre-register and get ticket at the front desk.**

AUBURN 'S 4TH OF JULY FESTIVAL

JULY 4 Su 11a-4p Les Gove Park

Auburn's annual Fourth of July Festival is always a hometown favorite with a parade that includes the 2010 Pioneer Queen, live entertainment, food, arts and crafts designed to please everyone in the family. Be sure to stop by the park for an afternoon of fun. Remember to visit Granny's Pie Shack!

AUBURN GOOD OL' DAYS, 2010 PIONEER QUEEN OF GOOD OL' DAYS CONTEST –

NOMINATIONS

Now is the time to start thinking about submitting nominations for this year's Pioneer Queen. The Queen will reign over the Auburn Good Ol' Days Festival, August 13-15. Nomination forms are available at the Senior Center or go to www.auburngoodoldays.com or www.auburnwa.gov for queen nomination details and forms.

2010 AUBURN GOOD OL' DAYS PIONEER QUEEN OF GOOD OL' DAYS CONTEST

Contestants must:

1. Be 80 years of age or over (as of May 31, 2010).
2. Live in the Auburn Community.
3. Have contributed their time for the betterment of the community.
4. Be willing and able to promote Auburn Good Ol' Days celebration by riding in a car in area parades this summer.

Nomination Procedures:

1. Get permission of potential candidate to put her name into nomination.
2. Complete entry form and return to the Senior Center.
3. Entries must be received no later than May 31, 2010.

Selection:

The 2010 Pioneer Queen will be selected by the Auburn Good Ol' Days committee base upon their application.



Bev Versolenko (2007)

HOW TO READ CLASS INFORMATION

Class name	Date	Class Days	Class Time	Resident Fee	Non-Resident Fee	Class #
CONTINUING YOGA FLEX OPTION	JAN 6-APR 21	W	7- 8:15P	\$68/\$85		31810

Flex option gives you the flexibility to attend any six Continuing Yoga classes during the 12-weeks of the current quarter. ← Description



CLASSES FOR ALL AGES AT THE SENIOR ACTIVITY CENTER: GENERATIONS UNITE

- *Classes are open to all adults. Program offers flexibility with both day and evening classes. Take classes with friends or family of any age.*
- *Registration options: register by phone, fax, online or in person.*
- **Register at the Senior Activity Center or Parks, Arts & Recreation Administration Building.**

ACADEMIC

AUBURN SENIOR READERS AND FRIENDS BOOK CLUB

Join our monthly book club. All are welcome.
Every 3rd Tuesday, 1-3P

BOOK CLUB

MAY 18

May Book "Three Cups of Tea" by
Greg Mortenson & David Oliver
Relin

JUNE 15

"One More Thing Before You Go"
and "Just Who Will You Be" by Maria
Shiver



AARP DRIVER SAFETY

MAY	10-11	M,T	10A- 3P	32143
MAY	17-18	M,T	6-10P	32144
JUN	21-22	M,T	10A- 3P	32145
JUN	28-29	M,T	10A- 3P	32146

This nationally acclaimed course provides senior-aged drivers an opportunity to learn how to drive more efficiently and safely. Supported by the State, a reduction in auto insurance rates is mandated for individuals completing the course. Payment of \$14 is required the first day of class. AARP members will receive a \$2 discount if they have their membership card with the number. Make check payable to AARP.

SPANISH

MAY 13-JUL 1	TH	10A-12P	\$45/\$56	32182
JUL 15-SEP 2	TH	10A-12P	\$45/\$56	32183

Learn common phrases, pronunciation, basic grammar and conversation. Instructor Alicia Luy is from Quillota, Chile, where she taught for years. English is not spoken in the class. Students need to purchase the book 'Spanish the Easy Way', by Silverstein (4th Edition). Ages 18 and over. Instructor Alicia Luy



CREATIVE WRITING

APR 1-MAY 20 TH 1-3P \$23/\$29 32179

Tip and hints for writing and marketing written materials. Instructor Colleen Reece is an award-winning author with over 100 books sold. Sessions includes short-in class and homework assignments, discussion and sharing, how to make your piece sparkle and constructive critiquing. Instructor Reece.

BRAIN AGILITY- HOW AGILE IS YOUR BRAIN?

JUN 10-JUL 22 TH 1:30- 3P \$40/\$50 32719

An agile brain is quick, active, well organized and has good recall. Brain Agility is about enhancing and maintaining your brain's ability to remember, stay focused, be aware and alert, and to enable you to enjoy life fully. The brain agility class will help you understand how your brain functions, how it ages, and how to care for it. It is a to do program with 30 days of paper and pencil mental exercises that can improve your memory, concentration, and other areas of cognitive functioning. Scholarships are available through the Senior Wellness team for this class.

HOW TO READ CLASS INFORMATION

Class name	Date	Class Days	Class Time	Resident Fee	Non-Resident Fee	Class #
CONTINUING YOGA FLEX OPTION	JAN 6-APR 21	W	7- 8:15P	\$68/\$85		31810

Flex option gives you the flexibility to attend any six Continuing Yoga classes during the 12-weeks of the current quarter. ← Description

ART

WATERCOLOR



MAR 22-MAY 10	M	1- 3:30P	\$41/\$52	32202
MAR 23-MAY 11	T	6- 8:30P	\$41/\$52	32203
MAR 24-MAY 12	W	1- 3:30P	\$41/\$52	32204

Enjoy a relaxed, friendly, comfortably structured class open to all levels of ability. You will learn about supplies and varied techniques. The instructor encourages individual creativity. Supply list is available. Instructor Rickey Burlando.

OIL PAINTING

MAY 10 - JUL 12	M	9A-12P	\$41/\$51	32171
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Discover or review oil painting techniques to help you paint your own beautiful pictures. This class is open to all levels. A supply list is available on request. Instructor Georgia Heimbach.

INTRODUCTION TO CALLIGRAPHY-
THE ART OF PEN & INK *New!*

MAY 20-JUN 17	TH	6:30-8P	\$57/\$72	32663
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Discover the joy of creating beautiful handcrafted lettering. During this five week course you will be introduced to broad pen calligraphy. By using a steel nib and ink you will create a personalized card and a quote or poem that will be ready to frame. \$15 supply fee payable to instructor in class. Instructor: Celinda Johnson

BEGINNING GLASS FUSING



APR 28-MAY 19	W	6- 8P	\$207/\$259	32408
MAY 1 - 22	SA	10A-2P	\$207/\$259	32409

Learn the basics of glass fusing from a local glass artist. Learn what type of glass to use, designing for fusing, how to cut glass and how to fuse glass in a kiln. You will take home a set of four tiles (coasters) and a bowl of your design. All supplies are included. Instructor Miller.

BEGINNING STAINED GLASS-
SENIORS MAKING ART

JUN 16-JUL 28	W	9:30-11:30A	FREE	32740
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This class is designed to teach the basic skills to complete several stained glass options. You will learn to cut and grind glass, foil and solder. All materials and tools will be provided in class. Absolutely no artistic experience is necessary. Just plan to come and have fun. Please no repeat students, this is for new stained glass students.

COLLAGE- EXPLORING THE WRITTEN WORD
THROUGH ART

JUL 10	SA	9:30A- 3:30P	\$57/\$72	32558
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Participants will create a series of five small collages each with a muse/guide as the focal point. Creative people visually benefit from stretching their 'writing legs.' Likewise, for writers to confront the visual materials enhances their own process. After completion of each collage, a short paragraph based on a writing prompt/ exercise will be completed that ties into the particular piece of artwork like 'is this muse/guide trying to tell you something?' \$5 supply fee payable in class. Instructor: Miffitt.

TRAVEL SKETCHING-WATERCOLOR-PENCIL
WORKSHOP

JUL 24	SA	9:30A- 3:30P	\$57/\$72	32560
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Participants will create a series of five small collages each with a muse/guide as the focal point. Creative people visually benefit from stretching their 'writing legs.' Ever wonder why we rarely relive our travels through photos? Perhaps because taking a photo requires so little investment of one's attention. Artistic journaling slows your pace, as you observe a scene for at least as long as it takes to sketch it. Journaling is solely for pleasure- it doesn't require that you be an accomplished artist. Regardless of skill level, you will be amazed how quickly your drawing and watercolor skills improve-within hours. By the end of the workshop you will be dedicated to journaling. Instructor: Miffitt.

REMINDER:

ALL ADULT PROGRAM INSTRUCTORS

HIRED BY THE AUBURN SENIOR ACTIVITY

CENTER ARE INDEPENDENT CONTRACTORS

AND THE RESPONSIBILITY FOR THE

CURRICULUM OF THE CLASS RESTS WITH

THE INSTRUCTOR.

COMPUTERS

COMPUTER LAB

Open Lab with Tutor (Subject to Change)

M:	10:30A-12:30P	FREE
M:	1:30-3:30P	FREE
T:	12 - 3P	FREE
T:	5:30 - 8P	FREE
TH:	10:30A - 12:30P	FREE
F:	10A - 12P	FREE

Come check out our computers! Do you have specific questions about how to use the Internet, or about Microsoft Word® or Excel®? Or if you just have general questions about computers, drop by our open labs with tutor times.

Headphones are available for checkout at the front desk. You can purchase a printing card, worth \$2.50 or \$5, or you can pay 5 cents per sheet, at the front desk for your printing convenience.

If you plan on downloading, creating or changing files of any type please bring a removable storage device, such as a disk or USB drive. **No personal files will be stored on the computers.** For your convenience CDs are for sale at the front desk. The lab is open from 8a-9p on Monday, Tuesday, and Wednesday and from 8a-5p Thursday and Friday.

FITNESS/HEALTH/WELLNESS

HYPNOSIS FOR WEIGHT LOSS

JUN 2, 9, & 16	W	6- 8P	\$85/\$107	32730
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Have you had it with diets that only work for a little while? Losing weight can be one of the most challenging experiences in your life, if you let it. Now, not only will you remove barriers that hold you back, you will learn to reprogram your mind and create the success you have longed for. Fee includes one CD. Wear comfortable clothes and bring a mat or blanket and pillow.



ENHANCE FITNESS®

An exercise program for seniors designed to improve physical conditioning levels. The class includes stretching and balance exercises, exercises to improve strength and range of motion through use of wrist and ankle weights and aerobics, safe and effective for seniors with a wide range of physical abilities. **Medicare Group Health Members can participate free of charge.** Instructors Angela Rash (morning) and Mary Brown (afternoon).

MORNING

NON GROUP HEALTH

MAY 3-28	M,W,F	8:15- 9:15A	\$25/\$31	32322
JUN 2-28	M,W,F	8:15- 9:15A	\$25/\$31	32326

No class Friday, May 14

GROUP HEALTH

MAY 3-28	M,W,F	8:15- 9:15A	FREE	32323
JUN 2-28	M,W,F	8:15- 9:15A	FREE	32327

No class Friday, May 14

AFTERNOON

NON GROUP HEALTH

MAY 3-28	M,W,F	3:30- 4:30P	\$25/\$31	32324
JUN 2-28	M,W,F	3:30- 4:30P	\$25/\$31	32328

No class Friday, May 14

GROUP HEALTH

MAY 3-28	M,W,F	3:30- 4:30P	FREE	32325
JUN 2-28	M,W,F	3:30- 4:30P	FREE	32329

No class Friday, May 14

NEW OPTION FOR ENHANCE FITNESS

10-class punch card

We are now offering a 10 class punch card. The card will be good for six months and it is only good for the class (morning or afternoon) that you purchased it for.

MORNING

MAY CARD AM

MAY 3-OCT 25	M,W,F	8:15- 9:15A	\$40/\$50	32313
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JUNE CARD AM

JUN 7-NOV 29	M,W,F	8:15- 9:15A	\$40/\$50	32314
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AFTERNOON

MAY CARD PM

MAY 3-OCT 25	M,W,F	3:30- 4:30P	\$40/\$50	32316
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JUNE CARD PM

JUN 7-NOV 29	M,W,F	3:30- 4:30P	\$40/\$50	32317
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BEGINNING YOGA

JUL 7-SEP 1	W	5:30- 6:45P	\$68/\$85	32531
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Beginning yoga in the Viniyoga tradition relieves emotional stress, tones the body, mind and emotions. Class includes both standing and floor poses. Bring a yoga mat and blanket to class. No class November 11 and 25.

BEGINNING YOGA FLEX OPTION

APR 28-SEP 1	W	5:30- 6:45P	\$68/\$85	32533
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Flex option gives you the flexibility to attend any six classes during the 12-weeks of the current quarter. See course description listed separately. This flex option expires December 9. Bring a yoga mat and blanket to class.

CONTINUING YOGA

JUL 7-SEP 1	W	7- 8:15P	\$59/\$74	32537
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Students deepen their understanding and practice of yoga postures and breathing. Bring a yoga mat and blanket to class. Prerequisite: Beginning Yoga or permission from instructor.

CONTINUING YOGA FLEX OPTION

APR 28-SEP 1	W	7- 8:15P	\$68/\$85	32539
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Flex option gives you the flexibility to attend any nine Continuing Yoga classes during the 18-weeks of the current quarter. See course description listed separately. Instructor Meng.

INTRODUCTION TO TAI CHI

JUL 12-AUG 16	M	7:30- 8:30P	\$37/\$47	32264
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Tai Chi students enjoy both mental and physical benefits including strengthening, flexibility and coordination. Students learn gentle exercises and the practice of individual movements. Instructor Gil Bortleson.

INTERMEDIATE TAI CHI

JUL 12-AUG 16	M	6:15- 7:15P	\$37/\$47	32266
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Students will start with gentle exercises and practice refining individual movements learned in the introduction class and gradually work into more advanced movements. Prerequisite: Introduction Tai Chi.

PILATES - YOGA FUSION

MAY 3-24	M	10-11A	\$45/\$57	32193
JUN 7-28	M	10-11A	\$45/\$57	32195
JUL 5-26	M	10-11A	\$45/\$57	32196

This class will combine the healing benefits of yoga's focus on movement, flexibility and centering ourselves with the breath work, core awareness and strengthening that Pilates offers. The best of both worlds! The perfect combination to stretch and strengthen our bodies. This class is suitable for all levels, beginners welcome. Bring a yoga mat. Instructor: Stover. Class is held at Corestar Pilates

ZUMBA GOLD

MAY 25-JUN 29	T	8:30- 9:30A	\$29/\$36	32586
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Latin dance style workout made for seniors. Lets dance off some calories, Zumba style. Music is fun, moves are simple and very repetitive you will be sweating before you know it. Instructor: Willis.

DANCE**WEST COAST SWING LEVEL 1**

MAY 4-25	T	6:30-7:45P	\$43/\$54	31678
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The coolest and most expressive style of swing around! This level 1 class teaches basic rhythms and turns to a variety of music. From Blues to Country, Jazz to Top 40. Instructor: Charles England

WEST COAST SWING LEVEL 2

JUN 1-22	T	6:30-7:45P	\$43/\$54	31682
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Build on skills from the level 1 class as you add new steps like 'tucks' and 'whips'. Includes an introduction to the ultimate slow dance; night club two-step. Level 1 or similar experience. Instructor: Charles England

SALSA LEVEL 1

MAY 4-25	T	7:45-9P	\$43/\$54	31680
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Spice up your night with hot salsa! Learn basic patterns and turns in this exciting dance. Class also includes fun and easy Meringue. Instructor: Charles England

COUNTRY WESTERN

JUN 1-22	T	7:45- 9P	\$43/\$54	31684
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Dance all night long as you learn classic two-step, waltz, and four-count country swing. Almost more fun than the law allows!. Instructor: England.

HOW TO READ CLASS INFORMATION

Class name	Date	Class Days	Class Time	Resident Fee	Non-Resident Fee	Class #
CONTINUING YOGA FLEX OPTION	JAN 6-APR 21	W	7- 8:15P	\$68/\$85		31810

Flex option gives you the flexibility to attend any six Continuing Yoga classes during the 12-weeks of the current quarter. ← Description

HIKES AND WALKS

Participation has increased dramatically in these programs. Our goal is to give all an opportunity to participate and have a good time. Please be aware of the following:

1. Hikers/Walkers are permitted to register themselves and only one other person (this includes a spouse).
2. Hikers/Walkers are permitted to register for three hike destinations (hikes or walks) per month. (Additional dates can be added on a space available basis the Tuesday prior to the hike).
3. Hikes/Walks leave at 9 a.m. (unless otherwise noted). We plan to return by 3:30 p.m., although some variables cannot be avoided, i.e., traffic, walking speed of hikers, etc. Plan accordingly.
4. We make a rest/snack stop on our return trip. This allows everyone to stretch, use the restroom and get a snack.
5. We hike/walk rain or shine. Dress appropriately, i.e., layers, rain gear, boots, hats, gloves, etc. A light daypack is recommended for carrying essentials.
6. Bring lunch and at least 16 oz. of water. See staff with questions or concerns.
7. Hiking boots and a walking stick or trekking poles are recommended.

Updated Rating System:

- #1. Paved and/or smooth trail surface; no significant hills; no more than 5 miles.
- #2. Moderate; sometimes paved; some hills; may be over 5 miles.
- #3. Some difficult terrain; substantial hills and/or steps; elevation gain under 1,200 feet. Walkers with health problems should use caution.
- #4. Difficult; steep hills; may be poorly maintained or very irregular; over 1,200 feet elevation gain; may be over 5 miles. Walkers with health problems should use caution.

HIKERS' EMAIL LIST

28761

If you have email and want to be notified when a hike isn't full the Tuesday prior to the hike, please register for the class number above.

PARKING REMINDER

Hikers, walkers and day long trip goers are encouraged to park in the Parks and Recreation Administration lot or in spots by the Les Gove Multipurpose Building. It is important to have the spots close to the Senior Center available for daily drop in use.

WALKS

Hikers/Walkers are permitted to register for three destinations (hikes or walks) per month. Walks rank from 1-3 miles.

MERCER SLOUGH

MILES: 3

MAY 11	T	9A- 2:30P	\$8/\$10	32715
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Flat trails, some paved, wind through this wetland preserve. The property originally was developed by a florist and remnants of rhododendron gardens are still visible. The trails meander through working blueberry patches available for u-pick. Wetland habitat provides wildlife viewing.

OWEN BEACH

MILES: 3

MAY 18	T	9A- 2:30P	\$8/\$10	32716
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Starting at the Point Defiance Boat House the trail follows Commencement Bay to Owen Beach and beyond. Parts of the trail are paved. The tide will be very low in May allowing walkers to walk on the beach as far around the point as desired. There is an extensive picnic area and beach access at Owen Beach. On the way to or from the walk stop by the rose gardens to enjoy the results of many volunteer hours. A lovely Japanese Garden is just across the road from the rose garden.

MYRTLE EDWARDS/ OLYMPIC SCULPTURE PARK

MILES: 3

JUN 8	T	9A- 2:30P	\$8/\$10	32717
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Combine a walk along Elliot Bay with a ramble through the sculpture garden. This walk offers wonderful views of the Olympics and Puget Sound. The two parks are a nationally recognized jewel for residents and tourists alike.

FORT STEILACOOM

MILES: 3

JUN 22	T	9A- 2:30P	\$8/\$10	32718
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This walk circumvents Waughop Lake and meanders through woods and oak prairie. A combination of paved, gravel, and grassy paths are easy on the feet. The park boasts a 22-acre dog park and restoration work on barns and cemetery from Western State Hospital history provide additional interest.

Hike Scouting Committee is looking for some new members. If you are interested please see Rocky.

HIKES

Weekly hikes range from 5-8 miles. Destinations vary throughout the year. Hikers/Walkers are permitted to register for three destinations (hikes or walks) per month.

ARBORETUM MILES: VARIES RATING: 1

MAY 7	F	9A- 3:30P	\$10/\$13	32707
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Walkers and Hikers combine on this popular hike through tended gardens and along the shore of Lake Washington. Walkers can opt out of the second leg of the day for a 3 mile distance. Hikers will extend their afternoon through wetlands and to lake shore.

REDMOND WATERSHED MILES: 4 RATING: 2

MAY 14	F	9A- 3:30P	\$10/\$13	32708
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Woodlands and wetlands offer a variety of microclimates. The Pipeline Trail has a number of muddy patches. There are good views of streams, ponds, marshes and second growth forest. The trails are generally level with some exposed roots.

TWIN FALLS MILES: 4 RATING: 3

MAY 21	F	9A- 4:30P	\$10/\$13	32709
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The Twin Falls trail follows the South Fork of the Snoqualmie River starting near exit 34. The trail gains and loses elevation for a total of 700 feet. Hikers will get great views of waterfalls and a good heart work out too. Expect roots, rocks, and some mud.

GREEN MT VISTA MILES: 6 RATING: 3

MAY 28	F	9A- 4:30P	\$10/\$13	32710
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Green Mountain State Forest offers miles of trails for hikers, bikers, and horse people. This trail to the summit provides a good work out through mixed forests. There are peek-a-boo views of the Olympics along the way. On a clear day the summit offers panoramic views of Puget Sound, Seattle, and the Cascades. Hiking in the late spring may offer blooming wild rhododendrons that occur in abundance through parts of this hike. The trail has many loose rocks in places.

HOW TO READ CLASS INFORMATION

Class name	Date	Class Days	Class Time	Resident Fee	Non-Resident Fee	Class #
CONTINUING YOGA FLEX OPTION	JAN 6-APR 21	W	7- 8:15P	\$68/\$85		31810

Flex option gives you the flexibility to attend any six Continuing Yoga classes during the 12-weeks of the current quarter. ← Description

FEDERATION FOREST MILES: 5 RATING: 1

JUN 4	F	9A- 4:30P	\$10/\$13	32711
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This wonderful wooded hike is wedged between Highway 410 and the White River. The trails are mostly level but interwoven with exposed roots and rocks. Mixed forest provides excellent habitat for wildlife. There is even an opportunity to view hobbits.

Hikers and Walkers join together for this annual trip.**PENROSE POTLUCK MILES: VARY RATING: 1**

JUN 11	F	9A- 3:30P	\$10/\$13	32712
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Join this annual gathering of hikers and walkers at Penrose State Park. The outgoing tide will reach -2.8 feet at 12:41 p.m. exposing many interesting tidal creatures. Enjoy the amazing food shared by participants, cook hot dogs over an open fire, roast marshmallows for smores and share favorite hiking stories. **Sign up for potluck dish at the front desk.**

LITTLE RANGER PEAK MILES: 5 RATING: 3

JUN 18	F	8:15A- 4:30P	\$10/\$13	32713
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An elevation change of 1200 feet will get hiker's hearts beating. This trail located south of Camp Shepard on Highway 410 begins with a short steep hill then mellows out with multiple switchbacks up the side of the peak. The trail has exposed roots in places. A view at the top features the White River Valley and the top of Mount Rainier.

OVERNIGHT HIKE-MT. BAKER

Sep 8-10	8a- 9p	\$175	32354
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Our annual trip takes us north to Mt. Baker. We will be staying at The Firs chalet, which is right at the base of Mt. Baker. You will need to bring a sleeping bag or linens for your bed. The scouting team has some great hikes planned. No refund after July 1 unless we can re-sell your spot. Trip includes 2 breakfasts, 2 lunches, and 2 dinners. \$75 deposit required when registering. Final payment due July 1. Space is limited.



SPORTS

SENIOR COED SOFTBALL

APR 20-AUG 3 T,TH 10A-12P \$75/\$94 32309

Spring is in the air, which means time to talk softball. Practice will begin April 21 at Game Farm Park. Practices and games will be held Tuesdays and Thursdays. Men and women 50 and over are invited to join in the fun. Instructor: Van Norman.

SENIOR GOLF RECREATION LEAGUE

MAY 3-SEP 23 M-8:30A TH-12:45P \$10/\$13 32310

Join us for a weekly round of golf at the Auburn Golf Course. In this recreational senior league, fun is the name of the game. Register for the league at the Senior Center. Greens Fees are payable at the golf course, \$15 for 9-holes, \$22 for 18 holes.

NORTHWEST SENIOR GAMES

Does watching the Olympics make you wish you'd followed your athletic dreams? Are you 50 or over? You're lucky! You can participate in the **Northwest Senior Games** in 2010. Whether you win or lose, the joy of competition is wonderful! Held across the Greater Seattle area during June and July, this annual competition is a great way to make new friends and meet interesting people, too.

Registration Forms will be available online (www.northwestseniorgames.org) and printed version on April 15, 2010. Please call 206-755-3588 or ginny@northwestseniorgames.org for questions.



POOL

OPEN POOL DAILY MONDAY – FRIDAY

Except for Friday afternoons and Monday evenings during tournaments. There is always hot competition. Come and join the fun – all players are welcome. Because of the popularity of tournaments, they often last several hours. If you plan to participate, please be prompt.

DAY POOL TOURNAMENTS

1st and 3rd Wednesdays 1:30 Scotch Doubles
\$1 donation suggested for refreshments

Fridays 12:45P (sign up in Pool Room by 12:30P)

1 st Friday	Super Senior (73+) 9-ball
2 nd Friday	Men's 8-ball
3 rd Friday	Super Senior (73+) 8-ball
4 th Friday	Men's 9-ball

EVENING POOL TOURNAMENTS

Mondays 6-9P (sign up in Pool Room by 5:45P)

1 st Monday	Mixed Doubles 8-ball
2 nd Monday	Ladies' 8-ball
3 rd Monday	Mixed Doubles 9-ball
4 th Monday	Ladies' 9-ball

On Friday from 11-11:45A the Respite Program has two pool tables reserved for the use of their participants.



YMCA

FREE SWIMMING

Times are available to Auburn residents at the YMCA.

LAP SWIM

JAN 5–JUN 17 T,TH 8-9A 3 LANES

WATER AEROBICS

JAN 5–JUN 17 T,TH 9-10A
Up to 20 people (Shallow or deep water)

FAMILY SWIM

JAN 5–JUN 19 SA 4-5P BOTH POOLS

These programs are free. Seniors need to check in at the front desk and identify themselves as City of Auburn participants. Call YMCA for more details 253-833-2770.

VAN TOURS

SENIOR ACTIVITY CENTER TRAVELERS NEED EMERGENCY INFORMATION AND WAIVER FORM ON FILE

All persons taking Senior Center trips are asked to complete a confidential form, which includes health insurance information, emergency contacts, medications taken, etc. Forms will be sent with the escort on each trip. In case of a medical emergency, we can act more effectively on your behalf. If you have not yet completed this form, please ask for one at the front desk.

REMINDER:

Payments for trips and tours are due when registering. Unless noted, a trip is open for registration the first working day of the month in which it appears in the brochure.

TRAVELERS WITH DISABILITIES

Those needing special assistance on bus or van tours need to see staff regarding handicapped accessibility. See staff if you have questions.

Van tours are usually short, one-day trips which normally require walking.

If walking presents a problem for you, check with staff prior to registering about advisability of taking a specific trip. Because most van tours include time on your own for sightseeing, eating and shopping, be prepared for these activities.

Handicapped Accessible Bus
Van trips using this vehicle will be marked: →



LEISURELY LUNCH

Here is the perfect excuse for lunch out with friends. Join us monthly for a different restaurant and fun social experience. Cost of meal is on your own.

HD HOT SPURS- KENT

MAY 19	W	11:30A- 2:30P	\$7/\$9	32703
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Hotspur's is Southern Style BBQ - seasoned with a dry rub and cooked sauceless, then hand-cut to order straight from the Pit. Price range is \$8-14.

THE ROCK- AUBURN LAKELAND HILLS AREA

JUN 23	W	11:30A- 2:30P	\$4/\$5	32704
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The Rock Wood-fired Pizza & Spirits is a family focused, full service casual dining concept. Though focusing on gourmet wood fired pizza, The Rock offers an array of pastas, burgers, sandwiches and salads. They have an all you can eat pizza and pasta buffet w/ a drink for \$8.79.

DINING CONNOISSEURS

Enjoy a monthly dinner night out with your friends from the Senior Activity Center. Leave the restaurant choosing and driving to us. Dinner costs are on your own.

BJ'S BREWHOUSE- TUKWILA

MAY 12	W	4:30- 8P	\$7/\$9	32701
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BJ's Restaurants serve quality food and fresh, handcrafted beers in a casual, high energy atmosphere. Price range is \$10-34.

HARBOR LIGHTS- TACOMA

JUN 9	W	4:30- 8P	\$7/\$9	32702
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Harbor Lights is located on scenic Ruston Way, overlooking Commencement Bay in Tacoma. For over 50 years, Harbor Lights has become well known for serving colossal portions of seafood such as the four pound bucket of steamed clams. They also have an 3-course early bird dinner for \$14.95. Price range is \$7-30

SENIOR BASEBALL GAMES

One, two, three strikes you're out at the old ball game. Come cheer on the Mariners and enjoy beautiful Safeco Field.. Tickets are located in the 300 level unless otherwise noted. No refunds will be issued unless your spot is filled.

Mariners vs. Detroit Tigers

MAY 26	W	11a- 5:30p	\$32/\$40	32357
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Mariners vs. Chicago Cubs

JUN 24	TH	11a- 5:30p	\$37/\$46	32358
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Mariners vs. Oakland A's

AUG 11	W	11a- 5:30p	\$42/\$53	32359
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Seats are in the 200 level and include a hot dog and soda.

Mariners vs. Boston Red Sox

SEP 15	W	2- 8p	\$37/\$46	32360
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WAITING LISTS

Please make sure to get your name on the waiting list if a trip is full. We do our best to try to accommodate as many people as we can.

VAN TRIPS

SENIOR STAGE REVUE - RENTON

MAY 13	TH	10:30A- 3:30P	\$13/\$16	32728
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This annual production in Renton show cases the talent of local Seniors. Come enjoy a variety of entertainment. Fee includes transportation and ticket. An early lunch is on your own at Billy McHale's Restaurant prior to the show.

FEDERAL RESERVE BANK - RENTON

MAY 17	M	9:15A- 2P	\$12/\$15	32720
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The tour of Federal Reserve Bank in Renton includes a pictorial history of the Seattle Branch, a historical currency display and cash department operations. After our tour, we will head to lunch at the Cheesecake Factory at Southcenter. Fee includes transportation and tour. Lunch is on your own.

KOOZA CIRQUE DU SOLEIL

JUN 9	W	3:45-11:15P	\$53/\$66	32392
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KOOZA is a return to the origins of Cirque du Soleil: it combines two circus traditions - acrobatic performance and the art of clowning. An adrenaline rush of acrobatics in a zany kingdom. Fee includes level 2 seats and transportation. Dinner will be on your own at a local restaurant in Redmond.

HUTTERITE COLONY

JUN 16	W	6:45A- 7:45P	\$80/\$100	32706
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Join us as we journey over the Cascades to a Hutterite Colony north of Moses Lake. The German settlement clings to its unique religious and cultural traditions. We will tour a school, library, chapel, community kitchen and be treated to an authentic German meal. There will be time to purchase craft items and bakery goods before leaving this unique community. Fee includes motor coach, tour, lunch and driver gratuity. A morning and afternoon coffee stop is independent.

CINEBARRE MOUNTLAKE TERRACE

JUN 29	T	10:30A- 3:30P	\$20/\$25	32705
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Cinebarre is a movie theater that offers restaurant operations serving food, beer and wine - before and during the showcasing of popular first-run films, - all in a unique and fun setting! You will have your choice of movies. Fee includes transportation and admission to movie. Lunch is on your own in the theatre.

KUBOTA GARDENS TOUR

JUN 30	W	9:30A- 4P	\$13/\$16	32729
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We will tour the stunning Kabota Garden featuring streams, ponds, waterfalls, and an eceptionally rich and mature plant material. Then we will head to Burien for lunch. The day will end with a tour of the new Burien Senior Center. Fee includes transportation and escot. Lunch will be on your own.

VICTORIA, BC

JUL 12	M	6:45A- 9P	\$85/\$106	32692
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If you need to get away, but you only have a day, take an international day trip to Victoria, the capital of British Columbia. From Seattle, we will take the Victoria Clipper to Inner Harbour nestled in downtown Victoria. Upon arrival in Victoria, you'll spend your day exploring British Columbia's most charming city. With a stay in Victoria of six hours, you'll have enough time to take a tour of the city and visit one of Victoria's famous attractions. Do you want to the see the Famous Butchart Gardens? If so, there is also an optional Clipper Combo Tour for \$51 that includes a city tour and admission and free time at Butchart Gardens. Or for \$55 you can have High Tea at the Famous Empress Hotel. These optional trips will be available on the boat ride to Victoria, but space is limited. Otherwise be prepared to spend the day exploring Victoria on your own. Fee includes transportation on Victoria Clipper. You will need either a passport or enhanced drivers license to attend this trip.

RED HAT SOCIETY - AUBURN MAD HATTERS

MAY 17

In May we will go to the Emerald Queen in Fife for lunch, they have a great buffet. Lunch is on your own. There will be gambling for those who desire. We will car pool from the Senior Center at 10:30 a.m. and return at 3:00 p.m. Call Yvonne 735-2958 or Jerry 253 752-6700 if you would like to go.

JUNE 21

In June we will go to Seattle and have lunch at the Seattle Center before we "Ride the Ducks". Details and cost to be advised later.

Please call or email Queen Mom, Jerry Merriman if you want to attend the events. EMAIL jmerriman5@q.com, Cell phone 253 720-9404 or home phone 253 752-6700 or call Yvonne Nicholson at 253 735-2958

ARE YOU INTERESTED?

Do you have a motorcycle and like to ride?

Let us know if you would like to get connected with other riders by calling the Senior Activity Center at 253-931-3016 and get on the interest sheet.

Whistler

Let's go on a road! Sit back and enjoy the sights while we do the driving. There is a lot to do in this unique town. Enjoy Hiking, Zip line, Gondola, Shopping and of course some relaxation. Price includes, transportation, accommodations, and escort.

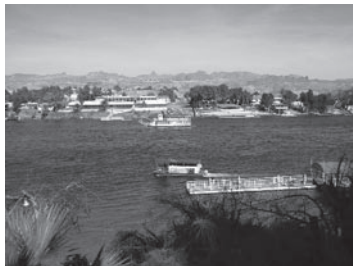
IMPORTANT!

You need a passport or Washington Enhanced Driver's License to go on this trip.

August 3-6 2010

\$325 Double occupancy

\$495 Single occupancy



Laughlin, NV in October!

5 days and 4 nights to explore Laughlin. There is more to do than gambling in this great City. It's built on the banks of the Columbia River. There are different water activities, from water taxis to jet skiing. Enjoy more than 60 merchants, indoor food court and market at the Preferred Outlet Mall in the heart of the casino district. So take your pick, gambling, water activities, shopping, movies, bowling, classic car show, entertainment or relaxing by the pool.

Price range \$375-\$400 which will include travel, accommodations, and escort with 14 participants.

IF YOU ARE INTERESTED IN GOING TO LAUGHLIN NV IN OCTOBER PLEASE SIGN UP AT THE FRONT DESK.

YOU SET THE GOAL - WE WILL HELP YOU GET THERE!

TAKE ADVANTAGE OF ONE OF OUR MANY PROGRAMS DESIGNED TO PROMOTE **POSITIVE AGING**

Other services include foot care, flu shots, blood pressure checks, massage, Senior Health Insurance Benefits (SHIBA), Senior Rights, information and referrals and wellness lectures. Read on for more details.

WELLNESS TEAM

The Auburn Senior Wellness Team is comprised of two teams; the planning team and the working team. The Wellness team is looking for motivated individuals who are interested in being on the working team. See Rocky if you are interested.

WELLNESS TEAM MEETINGS

MAY 12	W	1:00P
JUN 9	W	9:30A

WELLNESS COFFEE HOUR

No wellness coffee hour in May or June

FOOT CARE PROVIDED BY KAREN'S FOOT CARE

Karen Poppleton is a licensed Nail Care Technician and has provided foot care at the Senior Activity Center for 10 years. She will be providing foot care services on Mondays by appointment only. Call 253-931-3016 to make an appointment and bring a towel. The cost is \$27 for all clients. Need a scholarship for foot care? Ask your foot care provider.

Making appointments: We are now booking foot care appointments for four months at a time; the current month and the following three months. You may call the Center to book an appointment or book your next appointment with your nail care technician at the time of service.

BLOOD PRESSURE CLINIC

Canterbury House offers a free blood pressure clinic on the following dates:

MAY 24	M	11A-12P
JUN 28	M	11A-12P

CHALLENGES IN CAREGIVING

GIVING CARE, TAKING CARE

A Conference for Family and Paid Caregivers

June 7, 2010

Are you caring for an elder or an adult with disabilities? Learn how to:

- Plan for Legal and Financial Issues
- Find Helpful Resources in Your Community
- Use Stress Management & Relaxation Techniques
- And Much More!

Keynote Speaker: Megan Cole

For more information and registration call (360) 725-2544 or 1 (800) 422-3263. This is not a Auburn Senior Center Conference. It is offered by Aging and Disability Services.



MASSAGE

TUESDAYS 10A-3:30P \$33/\$53*
***\$33 for 30 min. and \$53 60 min.**

Leslee Jo comes to us with 20 years of experience as a Massage Therapist. Experience the benefits that therapeutic massage has to offer. Massage is proven to improve your overall health and may decrease chronic pain. Appointments for the next four months can be made at the front desk.

NLC PRESCRIPTION DISCOUNT CARD PROGRAM

The NLC Prescription Discount Card Program is available to Auburn Residents at no cost to the City or the individual. The card provides a discount that can offer a savings up to 20 percent off the retail price of most prescription drugs. This is no enrollment or membership or restrictions based on age, existing health coverage or income. Most major retail pharmacies accept the prescription discount card. For a complete list of participating retail pharmacies and to get a card visit www.2caremark.com.

DENTAL SERVICES BY "HEALTHY SMILES"

Taking good care of your teeth and gums is important for your mouth, your overall health and self esteem. Darcy Spencer-Wenger, a dental hygienist, from "Healthy Smiles" will be here to offer her services for a \$75 (roughly half price) monthly on the 3rd Friday. Services include: full scale teeth cleaning, cleaning of dentures and partials, application of fluoride varnish, assessing oral health, measuring the gum pockets, oral hygiene instruction, and referrals to local dentists and specialists. Please call for an appointment.

AUBURN RESPITE CARE PROGRAM

This is an adult day care that meets the second and fourth Tuesday from 10 a.m. - 3 p.m. and every Friday from 10 a.m. - 3 p.m. here at the Auburn Senior Activity Center. Caregivers are able to bring family members with Alzheimer's, Parkinson's, stroke or frail health for a day of socialization, companionship, music, activities and lunch. Volunteers at the program provide one-on-one care for the seniors participating in the program.

For those seniors who are unable to utilize the senior center on their own and have special needs, the Respite Program may be just what you're looking for. Call Sheila Pankratz at 253-875-9163 for more information. There is a nominal fee, which may be negotiated upon request. We're always looking for new volunteers too!

SUPPORT GROUPS**GRIEF WORKS****DAYTIME Session**

2nd Tuesday 10:30A-12P

EVENING session

2nd Thursday 7-8P

These free forums are open to the public to learn about grief and loss issues and healing tools. Discuss actions that promote healing for yourself or others. For more information call Debbie at 253-333-9420. GriefWorks is located at 4910 A Street SE, Auburn.

ALZHEIMER'S ASSOCIATION SUPPORT GROUP

1ST Tuesday of each month 12-1:30P

Memory loss is not a normal part of aging. A free information support group for family caregivers is held the 1st Tuesday of every month at Church of the Nazarene, 1225 - 29th ST SE, Room 15, Auburn. Take the first step and call the group facilitator, Val Brustad at 253-854-7658.



Lois, Gail and Jeanne

NUTRITION PROGRAM OVERVIEW

LUNCH PROGRAM

The Lunch Program serves delicious, balanced meals in a welcoming group setting to people who are at least 60 years of age. All meals meet one-third Recommended Daily Allowances for persons 60 years of age and older. The cost is a confidential suggested donation of \$3 per meal. Persons decide for themselves what if anything they wish to contribute. No eligible participant is denied a meal if unable to donate. Food Stamp Vouchers are accepted as contributions.

CONTRIBUTE \$3 IF YOU ARE:

- Anyone 60 or over or;
 - If you are dining with a 60 or over spouse.
 - If you are a disabled or handicapped individual under 60.
- While we enjoy having caregivers, friends and family join in during lunch, please remember the federal guidelines and make the appropriate payment.

CONTRIBUTE \$5.75 IF YOU ARE:

- Under the age of 60 or;
- You are a caregiver, who is not a spouse, below age 60 or disabled;

LUNCH COMMENT CARDS

Comment cards are available. Please share your compliments, suggestions, complaints, and concerns. This is your lunch program and we are here to meet your needs.



SALAD BAR NEWS



The cost of the salad bar is supplemented by the City of Auburn's Human Services, Canterbury House and Mike and Sharon Schooley. Personal donations are always accepted.

ENTRÉE SALAD BAR OPTION

Entrée size serving at the salad bar including a rotating choice of protein, ie., slices of ham, turkey, chicken breast, tuna salad, etc.

This option is available daily for the same \$3 suggested donation for those age 60 and over and \$5.75 for those under 60.

Also included is coffee, milk and dessert. Stop by and try this healthy lunch option and let us know what you think.

AUBURN SENIOR ACTIVITY CENTER LUNCH PRE-PURCHASE PLAN

Suggested Donation: \$3/Meal

Purchase Lunch Punch tickets at reception desk. Not valid for some special meals.

TICKETS AVAILABLE IN VALUES OF:

5 meals	\$15 (donation)
10 meals	\$30 (donation)
20 meals	\$60 (donation)

Choices: Entrée Salad or Main Meal menu.

Possibility: Take an extra meal to go for dinner.

Benefits: Good food, fun people and someone else cooks.

REGULAR LUNCH AT SENIOR CENTER

Here's the Scoop:

Offered M-F: Served at Noon

Registration: Begins at 11 a.m.

Salad Bar opens at 11:30 a.m.

Lunch served at Noon



MEALS ON WHEELS

Eligibility: 60 and over, and homebound (most)

Cost: Suggested donation of \$3 per meal

Delivery: Weekly on Friday mornings

Seven frozen meals per order for delivery or clients may pickup at Senior Activity Center with the option of purchasing an additional 7 meals at \$4.50 a meal.

Nutrition Supplements

(Variety of Ensure® products)

Eligibility: 60 and over and homebound (most). The cost varies by product. We deliver weekly on Friday, or clients may pickup at Senior Activity Center.

For details and/or applications, call Cindy at 253-931-3016. Pierce County call 253-474-1200.

COFFEE BAR RATES

Coffee, tea, hot chocolate and spiced cider.

Charge:

25¢ per cup

50¢ per mug

75¢ per large travel mug

50¢ bottled water

Punch cards are available - 20 punches for \$5. Purchasers receive a free cup of preferred beverage for each punch card filled. While on duty, baristas punch cards for each cup. The Honor System is in effect for cash or punch cards during self-serve hours.

Mini-Punch cards are available for those wanting to give or use single to 5-cup punch cards.



SENIOR SAVERS PANTRY

All Seniors, regardless of income level, are welcome.
Shop for low-cost foods two days per month (see below). If you are new to the Pantry scene, what we do is purchase foods in bulk quantity at low prices and re-package them into individual sizes, and pass the savings on to you. A wide variety of items are available, such as cereals, grains, cheese, spices, raisins, juice, soup, etc.

MAY DATES:

MAY 6	THURSDAY	9A-1P
MAY 7	FRIDAY	9A-12P

JUNE DATES:

JUN 3	THURSDAY	9A-1P
JUN 4	FRIDAY	9A-12P

JULY DATES:

JUL 8	THURSDAY	9A-1P
JUL 9	FRIDAY	9A-12P

PANTRY RECIPE #1

SALT FREE MEXICAN SEASONING MIX

ALL INGREDIENTS AVAILABLE AT THE PANTRY

- MIX 1/4TH CUP CHILI POWDER
- 1 TBSP DRIED OREGANO
- 1 TBSP GROUND CUMIN
- 1/2 TSP GARLIC POWDER
- BLEND WELL AND STORE IN AN AIRTIGHT JAR
- FOR CHILI OR TACO'S ADD 2 1/2 TBSP PER 1 POUND OF MEAT.

PANTRY RECIPE #2

SALT FREE SEASONING FOR CHICKEN AND POTATOES

- 2 TSP PAPRIKA
- 1 ½ TSP ROSEMARY
- 1 TSP MINCED DRY GARLIC
- ½ TSP COARSE GROUND BLACK PEPPER

MIX 1 TBL OLIVE OIL ON 1 ½ LB SMALL RED POTATOES AND/OR CHICKEN BREAST OR PIECES

SPRINKLE WITH SEASONING

BAKE AT 350 DREGREES FOR 30 MINUTES OR UNTIL CHICKEN AND POTATOES ARE DONE.



DID YOU KNOW?

Support Services include providing information on subjects such as Social Security, wills, health insurance, tax counseling and loan closet. The Center works with the Humane Society in offering the senior pet food bank. The Senior Center receives many phone calls requesting information regarding needs for seniors, therefore, the Center serves as a key information and referral site for area services to seniors.

VETERAN SERVICES

MAY 3	M	8-10A
JUN 7	M	8-10A

If you have any questions or need help connecting with state, county or federal veterans benefits or services you can ask Joel Estey. He will be here the first Monday of the month at 8 am. You can see him at these times or you can call anytime with your specific questions. He can be reached at 206-612-2816-Cell or 206-296-7570. Joel has worked for the King County Veteran's Program for over twenty four years. He was in the US Army from 1967-1969 with service in Vietnam in 1968.

Jeanette Moen, a DAV Service Officer, will also be here to assist veterans and their families in applying for their VA benefits. She can be reached at 253-859-6439. Jeanette has forms for veterans, widows, or family members to file a claim with the VA for health benefits, compensation and/or pension.

LOAN CLOSET

Need a walker, cane, wheelchair, bath chair or crutches for a short time? Check at the Senior Center; we have some to lend.

OUTREACH WORKERS

Outreach workers help with Social Security Insurance, medical, food stamps, economic security problems, chore help, general counseling, and/or referrals to other community service programs. For more information, call Senior Information and Assistance at 206-448-3110 or toll free at 1-888-435-3377.

VOLUNTEER TRANSPORTATION

Qualified volunteer drivers provide rides to medical appointments and local errands for seniors. To qualify for transportation, you need to be 60 years or older, a King County resident and have no other transportation options available. For information, call Volunteer Transportation for Seniors, **206-448-5740** between 8 a.m. and 5 p.m.

MEDICARE BILLING

Are you confused about your medicare bills, supplemental insurance bills or other health related paperwork? Golden Care at Valley Medical Center can help with all these problems or concerns. This FREE service is available at Valley Medical Center by appointment only.

**Interested in information about the Lions Club
Affordable Hearing Aid program?
Call 1-866-LIONAID (546-6243)
Call 425-226-4653.**

LEGAL SERVICE

The Young Lawyer's Section of the Seattle/King County Bar Association and City of Seattle sponsors free legal information, advice, and referrals to the public regardless of income level. They handle a wide variety of legal matters, including real estate, landlord/tenant concerns, debt problems, bankruptcy, consumer affairs and accidents. You will be referred to the nearest neighborhood clinic. **Call 206-340-2593** on Mondays and Thursdays between 9 a.m. and 12 p.m.

ENERGY ASSISTANCE PROGRAM ACCEPTING APPLICATIONS

Energy assistance programs may be able to help you pay for electricity, gas, propane, wood or oil. Two programs may be able to help low income seniors with their heating bills: the federal government's Low Income Home Energy Assistance Program (LIHEAP) and Puget Sound Energy's HELP Program. **Call 1-800-348-7144** for an appointment and/or income guidelines.

CITY OF AUBURN HOUSING REPAIR

The City of Auburn offers grants for minor and emergency home repairs including: plumbing, electrical, roofs, disabled access, furnace service and other repairs. Applicants eligible for a Housing Repair Grant must reside within the city limits of Auburn and meet the HUD income guidelines. The housing unit must be owner occupied. For more information or to request an application, please contact the City of Auburn's Planning Department at **253-931-3090**.

NEED HELP WITH YOUR HOME ENERGY COSTS?

The Multi-Service Center Energy Assistance Program is now doing applications for PSE HELP program and the federal Low Income Home Energy Assistance Program (LIHEAP). Applicants, including people seeking mail applications, must call the toll free telephone number, 1-800-348-7144, for an appointment. This number is available 24-hours-per-day, 7-days-a-week, and first screens callers by zip code. No customer walk-in appointments will be made.

PROPERTY TAX DEFERRAL PROGRAM

This program is for Senior Citizens/Disabled Persons. Applications can be picked up at the Senior Center.

**HUMANE SOCIETY'S
SENIOR PET FOOD PROGRAM**

Through the Humane Society's Senior Pet Food Program, free pet food will be delivered to our Center. For more information on this program, call the Senior Center.

KING COUNTY METRO REDUCED**FARE PERMITS**

Call Metro at 206-553-3000 or stop by the Senior Center for a permit application. All senior fares are 50 cents.

AMERICANS WITH DISABILITIES ACT (ADA) PARATRANSIT

This program is for people who have a disability which prevents them from using a lift equipped Metro bus sometimes or all the time. There is no income limit. People registered under ADA Paratransit can use ACCESS transportation van service in all areas, on the days and at the time Metro buses operate. Riders may bring a personal care attendant if they are unable to use ACCESS transportation alone. They can also bring at least one friend on any trip. Reservations for ACCESS transportation van service can be made up to three days in advance by calling 206-205-5000. Metro ACCESS fare is 75 cents per ride.

EMPLOYMENT

Bored with retirement? Many people who retire are. After awhile they would like to get back to the world of people, action and a paycheck, but they don't know how. If you are 55 or older, low income and would like part-time work, call Senior Employment Service/AARP at 206-624-6698 for an appointment. Collect calls accepted. Open 8:30 a.m. - 4:30 p.m. Monday through Friday.

EZ READER FOR LOW VISION

Is available in the Computer Lab. See Senior Activity Center staff for more information and/or a demonstration.

WOODLAND PARK ZOO AND AQUARIUM PASSES

Passes for 2010 are here. Please pick up passes one or two days before you plan to go. Passes are for seniors only.

MONTHLY EMAIL OF BROCHURE

30039 FREE

If you have a computer with an internet connection and want to be notified by email when the brochure is complete and ready for viewing online, please

provide us with your email address and register for class # 30039. By registering for this email list, you will receive an email with a link that will give you a sneak peek of the brochure before it is printed.



CITY OF AUBURN UTILITY DISCOUNT & REBATE PROGRAM 2010

The City of Auburn offers reduced utility rates and/or rebates to citizens meeting certain age and income requirements. This discount is also provided within the same financial limitations for customers who are *totally* and *permanently* disabled.

The annual renewal period is May 1, 2010 through May 28, 2010. Applications are available at the Utility Customer Service Center, (One Main Street, Floor 2), or by calling 253-931-3038. Also, check the City of Auburn web site www.auburnwa.gov for Senior Discount Information. A representative will be available to assist with completing the applications at the Utility Customer Service Center, (One Main Street, Floor 2) as follows:

5/03/10 through 5/14/10

Mon / Wed / Fri	8:00 a.m. - 12:00 p.m.
Tue / Thur	12:00 p.m. - 4:00 p.m.

5/17/10 through 5/21/10

Mon / Wed	8:00 a.m. - 12:00 p.m.
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5/24/10 through 5/28/10

Mon - Fri (at the counter)	8:00 a.m. - 4:00 p.m.
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Closed on May 31, 2010 - Memorial Day

Requirements:

- **AGE** - Applicant must be 62 years of age or older OR permanently disabled
- A doctor's signature is required only for those persons who are applying under the disability claim

- **INCOME** - Total income from all sources must be less than the maximum amount allowed for very low income as defined by the Department of Housing & Urban Development for the previous year

- 2009 Income Limits are:

Single: \$29,500 Two Persons: \$33,700 Three Persons: \$37,950

- Applicant cannot be receiving utility allowances OR rent subsidies from another governmental agency (i.e., HUD, King County Housing, Section 8, SHAG, etc)

Documents Required:

- Washington state Driver's License or I.D. card of applicant
- Annual statements for all 2009 sources of income (including but not limited to Social Security, Pensions/Retirement, interest earned, rent received), from each individual living within the household

VOLUNTEER CHORE SERVICES

Is a Catholic Community Service program which provides FREE chore assistance to low-income elders and adults living with disabilities. Volunteers can assist with a variety of chore assistance including light housecleaning, yard care, grocery shopping and transportation. Volunteers are screened carefully through background checks, personal references and an interview. To learn more about our program and eligibility guidelines, please call 1-888-649-6850 or 206-328-5787.

AUBURN ALERT –CODE RED

The City of Auburn can now alert you in event of a city-wide emergency. Using our Auburn Alert system, powered by CodeRed Technologies, we can send phone, e-mail and text messages to notify you of things like 911 outages, evacuation notices, hazardous chemical spills, disasters and other emergencies that require you to take immediate action. Make sure you receive these important alerts by registering your phone number(s) or e-mail using one of the following methods:

Visit the City of Auburn website at www.auburnwa.gov, click on the Auburn Alert link and fill out the online form OR;

Call the City of Auburn's Emergency Preparedness Office at 253-876-1925

Registration also allows you to direct your calls to a cellular phone, an Internet phone or to a device for the hearing impaired.

If you do not wish to be notified in case of emergency, contact us at the number below and tell us you want to "opt out" of our service. You will be required to sign a waiver in order to "opt out".

If you have questions, please contact the City of Auburn Emergency Preparedness Office at 253-876-1925.

SENIOR INFORMATION AND ASSISTANCE

Advocates access a computerized database of over 7,000 community services. They can provide information on a number of available services for seniors in King County. 206-448-3110 OR 1-888-435-3377 (WA only)

SENIOR RIGHTS ASSISTANCE

The Senior Rights Assistance program's trained volunteers provide FREE legal and consumer information to King County's older adults on a number of topics related to their rights and options, including estate planning, powers of attorney, wills, landlord/tenant issues, homeowner concerns, fraud, warranties, credit and debt management, kinship care, burial/funeral planning, and victims of crime assistance. SRA can also schedule an appointment for you to visit with an attorney for 30 minutes at no charge to discuss powers of attorney, wills/probate, guardianship and estate planning. Please call 206-448-5720 to speak with a SRA volunteer. See below for the details on the SRA volunteer who comes to our Center.

STATEWIDE HEALTH INSURANCE BENEFITS ADVISORS (SHIBA)

MAY 24	M	9A-12P
JUN 28	M	9A-12P

Chuck Wright, SHIBA volunteer, is trained to provide you with guidance and information in the following areas: Medicare, Medigap, Medicaid, Long Term Care Insurance and Group Insurance. He will be at our Senior Activity Center the fourth Monday of each month. Other days are also available. Call the Senior Activity Center for an appointment or arrangements for another day.

ESTATE PLANNING INFORMATION

MAY 19	W	9:30A-12:30P
JUN 16	W	9:30A-12:30P

Do you need information regarding:

- Will? • Power of Attorney?
- Living Will? • Living Trust?
- Community Property Agreements?
- Probate?

Diana Paris, SRA volunteer, is trained to provide you with guidance and information in the above estate planning areas. Call Senior Activity Center at 253-931-3016 for an appointment. She is normally at our Senior Activity Center the 3rd Wednesday of each month.

REBUILDING TOGETHER. SOUTH SOUND

We have a year-round Home Modification program, focused on projects that will increase the safety and accessibility of a home for a person with limited mobility, whether that person is elderly or a person with disabilities. Home Modification is completed at no charge to approved homeowners. For more information visit www.rebuildingtogetherss.org or call 253-238-0977.

USEFUL PHONE NUMBERS

Volunteer Transportation for Seniors
206-448-5740

**Golden Care/Medicare Billing Help/
Valley Medical Center**
425-226-4653

**Legal Service Young Lawyer's Section of the Seattle/
King County Bar Association and City of Seattle**
206-340-2593

Energy Assistance Program
1-800-348-7144

Senior Employment Service/AARP
206-624-6698

Outreach Workers/Senior Information and Assistance
206-448-3110 or toll free at 1-888-435-3377
1-800-972-9990

Reservations for ACCESS transportation van service
(Metro Access fare is \$.75 per ride)
206-205-5000

Senior Rights Assistance (SRA)
206-448-5720

Kinship Caregivers Support
Program Offers Help
1-888-435-3377

DIAL 211 to find Social Services
Get connected. Get answers.

Statewide Health Insurance Benefits Advisors (SHIBA)
1-800-562-6900

**Pierce County Aging & Disability Resource
(Agencies and Services)**
1-800-562-0332 or 253-798-4600

Song Puzzles

The phrases on the right are all song titles on a particular topic. The first vertical column spells out the topic and gives you a clue to the missing word.

Puzzle A (two words)

S _ _ _ _ _
C _ _ _ _
H _ _ _ _
O _
O _ _
L _ _ _
D _
A _ _ ' _
Y _ _ ' _ _
S _ _ _

"_ Days"
"_ Your Blessings"
"Arthur Murray Taught Me Dancing in a _"
"Sweetheart _ Sigma Chi"
"Cheer, Cheer for _ Notre Dame"
"I'd _ to Teach the World to Sing"
"_ Re Mi"
"_ Misbehavin' "
"_ Got to Be Carefully Taught"
"The Wiffenpoof _"

Puzzle B (two words)

L _ _ _
O _ _ _
V _ _ _ _
E _ _ _ _ _
S _ _ _ _
O _ _
N _ _ _ _
G _ _
S _ _ _ _ _

"I'm in the Mood for _"
"I'm Looking _ a Four-leaf Clover"
"Red River _"
"Some Enchanted _"
"If You Knew _ Like I Know..."
"Love's _ Sweet Song"
"Wait 'Til the Sun Shines, _"
"I'm in Love with a Wonderful _"
"You are my _, my only..."

5 FIVE WAYS TO REGISTER

Payment must be made when registering online, in person, by telephone, or by mail.

FIRST DAY OF THE "NEW BROCHURE MONTH" REGISTRATION PROCEDURES:

- Walk-in and telephone registrations begin at 8:30 a.m.
- First-Come, First-Served number distribution begins at 8 a.m.
- You may register yourself and two others for any activity, class, trip, special event, etc. **(See page 14 for hike and walk exceptions.)**
- The number system will be used for all walk-in and telephone registrations.
- Walk-in registrants may leave a completed form with attached number and check or credit card information or they may wait until their numbers are called and pay with cash as well.
- Telephone registrations will be assigned a number in the order in which the call is received beginning at 8:30 a.m.
- Registrants need to be patient; the number of registrations is unusually heavy on the first registration day of the month in which the bi-monthly brochure is released.

REFUND/CREDIT POLICIES FOR TRIPS AND CLASSES

Following are summaries of refund/credit policies adopted by the Park Board. These policies will be in effect when participants cancel trips, hikes or classes. See Senior Center Supervisor with questions.

*For activities with a fee of **more** than \$5, a \$5 administrative fee will be charged if the person wants a refund check sent to him/her. For activities with a fee of **less** than \$5, credit will be placed on the individual's account for use toward the cost of a future activity. There will be no administrative fee charged for credits left on account or for credits transferred to another activity.

*Refund requests made after the activity has begun, due to illness or injury, must be made in writing and may be granted on a prorated basis when possible. Senior Center Supervisor must approve requests.

***If a participant is not satisfied with a class scheduled to meet four (4) times or more, he/she may, in writing, identify his/her concerns and request one of the following:**

Repeat class at no additional cost.

Receive credit that may be applied to another activity.

Receive a refund with no administrative charge.

The written request must be received before the third scheduled session of the activity and must be approved by Senior Center Supervisor. This policy applies to programs except trips and tours, outdoor programs and all adult and youth team sports leagues.

1. VISA MasterCard 

ONLINE:
Auburn at Play
On-Line visit
www.auburnwa.gov for
24-hour convenience to register
with VISA/MasterCard.

2. VISA MasterCard 

PHONE IN:
Telephone registration and
sign-up for services will be
accepted Monday through
Friday, 8:30 a.m.-5 p.m.
253-931-3016

3. VISA MasterCard 

FAX IN:
For 24-hour convenience
fax your form with VISA/
MasterCard information
to **253-288-7444**. Your
registration is processed the
next working day. Please
print clearly.

4. MAIL IN: 

Registrations will be
processed after noon on
the first working day of the
month or the day received
thereafter.

5. WALK IN:

Walk in registrations will be
processed Monday through
Friday, 8:30 a.m.-5 p.m. at the
Senior Activity Center except
on the first working day of the
month. On the first working
day of the month, we start
assigning numbers on site at
8 a.m. See procedures above.

REGISTRATION FORM

AUBURN SENIOR ACTIVITY CENTER

Participant Last Name _____

First Name _____

Spouse Last Name _____

First Name _____

Address _____
APT. NO. _____

City _____ Zip _____

Home Phone (____) _____

Business Phone (____) _____

Email Address _____

Participant Birthdate _____ Gender _____

Spouse Birthdate _____ Gender _____

ACTIVITY NAME & PARTICIPANT NAME

BARCODE NO.

ACTIVITY FEE

1. _____	_____	_____
2. _____	_____	_____
3. _____	_____	_____
4. _____	_____	_____

CREDIT CARD INFORMATION



VISA OR MASTERCARD #

EXP. DATE

PLEASE PRINT NAME OF CARDHOLDER

TOTAL DUE

\$

**PLEASE MAKE CHECKS PAYABLE TO:
AUBURN SENIOR ACTIVITY CENTER**

Assumption of Risks/Exculpatory Clause: For and in consideration of the opportunity offered to me to participate in the above-named activity/activities offered by the Auburn Parks, Arts & Recreation Department, I, as evidenced by my signature below, do hereby hold harmless, release and waive all claims I may have against the City of Auburn, its officials, employees, agents, or contracted instructors, and any other person(s) involved in this activity for any and all injuries, losses or damages suffered by myself as a result of my participation in this activity/activities. I accept full responsibility for the cost of treatment for any injury, losses, damages or death suffered by myself while taking part in this activity/activities. I grant the City of Auburn the right and permission to use or copyright, and re-use, publish, or re-publish photographic pictures, video, electronic images or other reproduction taken during classes for publicity purposes by the Auburn Parks, Arts & Recreation Department.

Signature

Date

BROCHURE SUBSCRIPTION

\$12 Annually 6 issues

#32721 MAY/JUNE

NEWCOMER REGISTRATION

#32722

MAY

#32723

JUN

SENIOR ACTIVITY CENTER

SENIOR FISHING DAY **FREE!**

Saturday, June 12

9 a.m. - 1 p.m.

Mill Pond Park

600 Oravetz Rd.

across from Auburn Riverside High School

- Must be aged 55 years and over and fishing is FREE
- No license is required
- Bring your own rod and fishing gear or borrow one of ours
- We will have bait, tackle, and rods available
- FREE HOT DOGS sponsored by Canterbury House

BROUGHT TO
YOU BY:



Green River Steelhead Trout Club



GAMAKATSU USA

AUBURN
MORE THAN YOU IMAGINED



GRANNY'S PIE SHACK

Sunday, July 4

11 a.m. - 4 p.m.

Les Gove Park



AUBURN
MORE THAN YOU IMAGINED

253-931-3016 www.auburnwa.gov

REGISTRATION STARTS
MAY 3



Lora Lee Brown

AUBURN PARKS, ARTS & RECREATION

SENIOR ACTIVITY CENTER

808 Ninth Street SE, Auburn WA 98002

253-931-3016 • www.auburnwa.gov

AUBURN
MORE THAN YOU IMAGINED